Amendments to the Specification:

Please replace the paragraph (or section) beginning at page 5, line 20, with the following redlined paragraph (or section):

The above object of the present invention can be accomplished by a method 100, illustrated in Figure 1A, of recording information to an optical recording medium to which information is recorded by projecting a pulse-modulated laser beam onto the optical recording medium and forming on the optical recording medium a plurality of recording marks selected from a group consisting of several types of recording marks each with different lengths, wherein: the method 100 of recording information to an optical recording medium comprises, at step 102, ~~of~~ setting recording powers of a top pulse and/or a last pulse of a laser beam used for forming at least one recording mark ~~contained~~ from within said group to a second recording power lower than a first recording power which is a recording power of an intermediate pulse(s) between the top pulse and the last pulse, thereby recording information in the optical recording medium. At step 104, a pulse width of a cooling pulse of the laser beam used for forming at least one recording mark from within said group is set to be wider than the pulse width of each of the top pulse, intermediate pulse(s) and last pulse, thereby recording information in the optical recording medium. At step 106, bottom powers (Pb) of downward pulses are set to be the same.

Please replace the paragraph (or section) beginning at page 7, line 10, with the following redlined paragraph (or section):

In a further preferred aspect of the present invention, as mentioned in step 104, a pulse width of a cooling pulse of the laser beam used for forming at least one recording mark ~~contained~~ from within said group is set to wider than that of any pulse of the recording power.

Please replace the paragraph (or section) beginning at page 12, line 5, with the following redlined paragraph (or section):

Figure 1A is a flow diagram of a method of recording information to an optical recording medium, according to one illustrated embodiment.

Figure 1B is a schematic drawing of the major components of an information recording and reproducing apparatus according to a preferred embodiment of the present invention.

Please replace the paragraph (or section) beginning at page 13, line 13, with the following redlined paragraph (or section):

Figure ~~1~~1B is a schematic drawing of the major components of an information recording and reproducing apparatus according to a preferred embodiment of the present invention.

As shown in Figure ~~1~~1B, the information recording and reproducing apparatus according to this embodiment is equipped with a spindle motor 2 for rotating an optical recording medium 1, an optical head 3 for shining a laser beam onto the optical recording medium 1, a controller 4 for controlling the operation of the spindle motor 2 and the optical head 3, a laser driving circuit 5 that supplies a laser driving signal to the optical head 3, and a lens driving circuit 6 that supplies a lens driving signal to the optical head 3.

Please replace the paragraph (or section) beginning at page 14, line 1, with the following redlined paragraph (or section):

Moreover, as shown in Figure 1B~~1~~, the controller 4 includes a focusing servo circuit 7, a tracking servo circuit 8, and a laser control circuit 9. When the focusing servo circuit 7 is activated, the focus is aligned with the recording surface of the rotating optical recording medium 1, and when the tracking servo circuit 8 is activated, the spot of the laser beam begins to automatically track the eccentric signal track of the optical recording medium 1. The focusing servo circuit 7 and tracking servo circuit 8 are provided with an auto gain control function for automatically adjusting the focusing gain and an auto gain control function for automatically adjusting the tracking gain, respectively. In addition, the laser control circuit 9 is a circuit that generates the laser driving signal supplied by the laser driving circuit 5, generates an appropriate laser driving signal based on recording condition setting information recorded on the optical recording medium 1 when data are to be recorded and generates a laser driving signal in accordance with the kind of an optical recording medium when data are to be reproduced so that the power of a laser beam is set to a predetermined power. When data are to be reproduced, the power of a laser beam is predetermined based reproducing condition setting information.

Please replace the paragraph (or section) beginning at page 19, line 16, with the following redlined paragraph (or section):

In addition, the recording condition setting information incorporated into the optical recording medium 1 contains content for determining which recording strategy should be used to record data, so the information recording and reproducing apparatus shown in Figure ~~1~~1B performs the recording of data with the recording strategy to be described in detail below based on this determination.

Please replace the paragraph (or section) beginning at page 21, line 3, with the following redlined paragraph (or section):

Figure 5 is a diagram illustrating the recording strategy in the case of forming a recording mark of a length corresponding to 3T. As shown in Figure 5, when forming a recording mark of a length corresponding to 3T, the number of pulses in the laser beam is set to 2. More specifically, during the period from the time ts to the time te, the laser beam power is first set to Pw2 and then being set to the power Pb is repeated twice, in accordance with step 106 above.

Please replace the paragraph (or section) beginning at page 22, line 8, with the following redlined paragraph (or section):

Figure 6 is a diagram illustrating the recording strategy in the case of forming a recording mark of a length corresponding to 4T. As shown in Figure 6, when forming a recording mark of a length corresponding to 4T, the number of pulses in the laser beam is set to 3. More specifically, during the period from the time ts to the time te, the set consisting of the combination of the laser beam power being first set to Pw1 or Pw2 and then being set to the power Pb is repeated three times, in accordance with step 106 above. Here, the laser beam power before the time ts is set to Pe and the power of the laser beam begins to rise at the time ts. In addition, the laser beam power at the time te is set to Pe or Pb.

Please replace the paragraph (or section) beginning at page 23, line 27, with the following redlined paragraph (or section):

Figure 7 is a diagram illustrating the recording strategy in the case of forming a recording mark of a length corresponding to any one of 5T to 8T. As shown in Figure 7, when forming a recording mark of a length corresponding to 5T, the number of pulses in the laser beam is set to 4. More specifically, during the period from the time ts to the time te, the set

consisting of the combination of the laser beam power being first set to Pw1 or Pw2 and then being set to the power Pb is repeated four times, in accordance with step 106 above. There are two intermediate pulses of the power Pw2 between the top pulse and the last pulse whose powers are set to Pw1.